



# FAIHP

Fresno American Indian Health Project

# DRUM BEATS

Volume 8 • Issue 11 • November • 2015

## IUHPIN' NATIVE AMERICAN GARDEN

### Welcoming you to join us at IUHPIN'

Our Community Native American Garden! FAIHP is excited to share we have a new collaboration with Many Lightnings American Indian Legacy Center (MLAILC), and are joining with MLAILC in continuing to expand our community's Native American Garden; IUHPIN located by the San Joaquin River, Fresno.

In 2009, MLAILC entered into a licensed agreement with the San Joaquin River Conservancy to plant and



maintain 5 acres located near the banks of the river. It was the vision of MLAILC to restore the land as close as possible to what it may have been prior to impact and dedicate all of IUHPIN'S bounty to our Native

community to harvest and use as the ancestors did. After several years of hard work from wonderful volunteers in our community, and donations from various sources throughout the state, the Native Garden of IUHPIN' has been established. IUHPIN' was the name of one of the Dumna villages on the river banks located above the garden.



Planted at IUHPIN' are a variety of the indigenous plants from the valley and foothills. Among them are deer grass, sedge, redbud, oaks, ash, white sage, manzanita, sour berries, service berries, elderberries, coyote bush, willows, wild roses, wild grape, and others used as medicines, tools, and basketry.

FAIHP has developed programs to assist in learning about the plants and their uses, the sharing of cultural and tradition, and aid in the healing of our community at IUHPIN'. We are inviting all to take part in our programs, and also to help us continue plantings of whatever our families may like to harvest and use in the additional four acres we've just received! Give us a call and let us know when you would like take a walk through IUHPIN', say hello to Mother Earth, and meet our little plantings!



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The next Community Advisory Board meeting will be Monday, November 19 at 10 a.m. Please join us, your voice is vital to our success!

We are always looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490



## Youth News & Events!

**Happy Halloween and Happy Fall** from Clubhouse Youth! During the month of October Clubhouse has been focusing learning about ourselves and our Native teachings taught to us



by Mother Earth. Clubhouse has been working on educational activity booklets regarding peer pressure,

self-choice, and self-awareness. Discussions have included peer support from our friends at Clubhouse and how our culture empowers and teaches us of the good choices we can make every day as we grow up.

We have welcomed our new staff member



Laura Wass, who is the Community Garden/Care Coordinator for our Community Native Garden located on the San Joaquin River.



Clubhouse youth is inspired and excited to visit the garden and learn more about our culture.

Clubhouse also prepared and decorated for the Harvest and Health Fair. Throughout the week we were hanging up signs, decorating pumpkins, and doing our best to make Clubhouse look fully festive for the Harvest and



Health Fair. During the last week of October Clubhouse will be decorating pumpkins to take home to their families and friends.

Amber M. (Outpatient Therapist) and Suzanne (Director of Behavioral Health Department) came to Clubhouse this month and taught the 7 Sacred Teachings. The focus of this month was the Beaver and how they teach us wisdom. Suzanne brought the Beaver song and we all had a great discussion on role models in our lives and how we all can be positive role models in other people's lives.



## Diabetes: Are You At Risk?

November is National Diabetes Month. Unfortunately, diabetes is a chronic disease that dramatically affects our community. According to the American Diabetes Association, 1 in 3 Native Americans are diabetic and/or pre-diabetic and the likelihood of a native person becoming diabetic is 2.8 times higher than all other nationalities. Our youth are not immune to it either, with diagnoses as early as 8 years old. Could you or your child be diabetic or pre-diabetic and not know it?

Take our Risk Test and find out. Early detection and treatment can drastically reduce the risk of developing the complications of diabetes.

### **Take the Test. Know your Score!**

To find out if you are at risk, write in **FIVE** points next to each statement that is **TRUE** for you. If a statement is not true, write a **Zero**. Then add all the points to get your total score.

1. My weight is equal to or above that listed in the chart. \_\_\_\_\_
2. I am under 65 years of age and AND I get little or no exercise during a usual day. \_\_\_\_\_
3. I am between 45 and 64 years of age. \_\_\_\_\_
4. I am 65 years old or older. \_\_\_\_\_
5. I am a woman who has had a baby weighing more than 9 pounds at birth. \_\_\_\_\_
6. I have a sister or brother with diabetes. \_\_\_\_\_
7. I have a parent with diabetes. \_\_\_\_\_

<i>In feet and inches without shoes</i>	<i>In pounds without clothing</i>
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

### **Score of 3-9 Points**

You are probably at low risk for having Pre-Diabetes/Diabetes right now. But don't just forget about it—you are at risk by simply being American Indian. There are many things that you can do right now to prevent becoming diabetic in the future.

### **Score of 10 points or MORE**

You are at a greater risk of having Pre-Diabetes/Diabetes. Only your health care provider can determine if you have Diabetes. If you are registered with us we can help you find out for sure.

### **Common symptoms of Diabetes:**

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Tingling, pain, or numbness in the hands/feet





## SET YOUR CLOCKS – CHECK YOUR STOCKS!

Sunday, November 1 – Daylight Saving time ends. Is your emergency stock pile up to date??

It's up to you and your family how much you want to prepare for in case of a disaster, but there are some simple suggestions that everyone will benefit from.

Power Outage, Flooding, Earthquakes, extreme cold, extreme heat, fire, gas leaks, just to name a few.

These things could all happen in our area, but you can be ready and prepared.

**First – Develop a plan.** Such as who picks-up the kids from school? Where would you meet if you had to evacuate your home or building? Do you know and talk to your kids about fire evacuation??

**Second – Be ready.** There are some basic supplies that will help out in most cases of a disaster.

Water – 3 day supply for each member of the family (that's 1 gallon each)

Food – 3 day supply for each member of the family (non-perishable)

Can opener – you will need it for the food!

First Aid kit – bandages, tweezers, gloves. It doesn't have to be expensive just the basics.

Radio – Battery or hand cranked to listen for emergency information and get updates.

Flashlights and lanterns – power outage is one of the most common occurrences in any of these situations. Candles are hazardous and should not be used if possible.

Batteries – a huge necessity for the radio and flashlights, make sure you replace them yearly.

Whistle – nope not just for the kids. Three whistles in a row is an international signal for distress. The higher pitch of a whistle carries much further than your voice.

Prescription Medications – SO IMPORTANT! Any medication you regularly take should be in an emergency kit in a water proof container. Talk to your health care provider about getting enough for 3 to 5 days. Some people also would need over the counter medications such as Benadryl, Aspirin, etc.

Battery operated or solar cell phone charger – having a phone ready if the power is out can be crucial and even lifesaving.

**Third – Stay calm.....**Knowing you are prepared and talking to your family about your plan will help things run smoother, lessen fear and comfort everyone.



## MAP is the process

An integrated intake process connecting individuals facing housing, substance abuse, or mental illness challenges to supportive services.



## MAP Points are the multiple intake locations

Each service provider is an access point.

The centralized intake process allows agencies to serve the individuals where they are. Each access point will use a common assessment tool. Once the intake and assessment are completed, each agency will work with centralized system for a placement.



## MAP Point at the Pov is the intake location at Poverello House

The new portable building at Poverello House is a physical centralized access point with staff from multiple agencies available to assist with intake at a location where a large number of our community's homeless population already are. This location is funded for housing the homeless. However, if an individual has other immediate service needs, they can be referred to the appropriate agency partner. Additional access points will be added.

## MAP Navigators help individuals find the services they need

MAP Point at the Pov will launch four Navigators, frontline intake contacts, who will help the individual or family navigate the multiple systems and services. While the core purpose of the Navigator is to assist individuals in getting the paperwork necessary for housing (ID, birth certificate, homeless verification, disability verification, and social security card), they will also be able to connect individuals and families to the appropriate services immediately, whether that is housing, mental health, substance abuse care, or other social services.

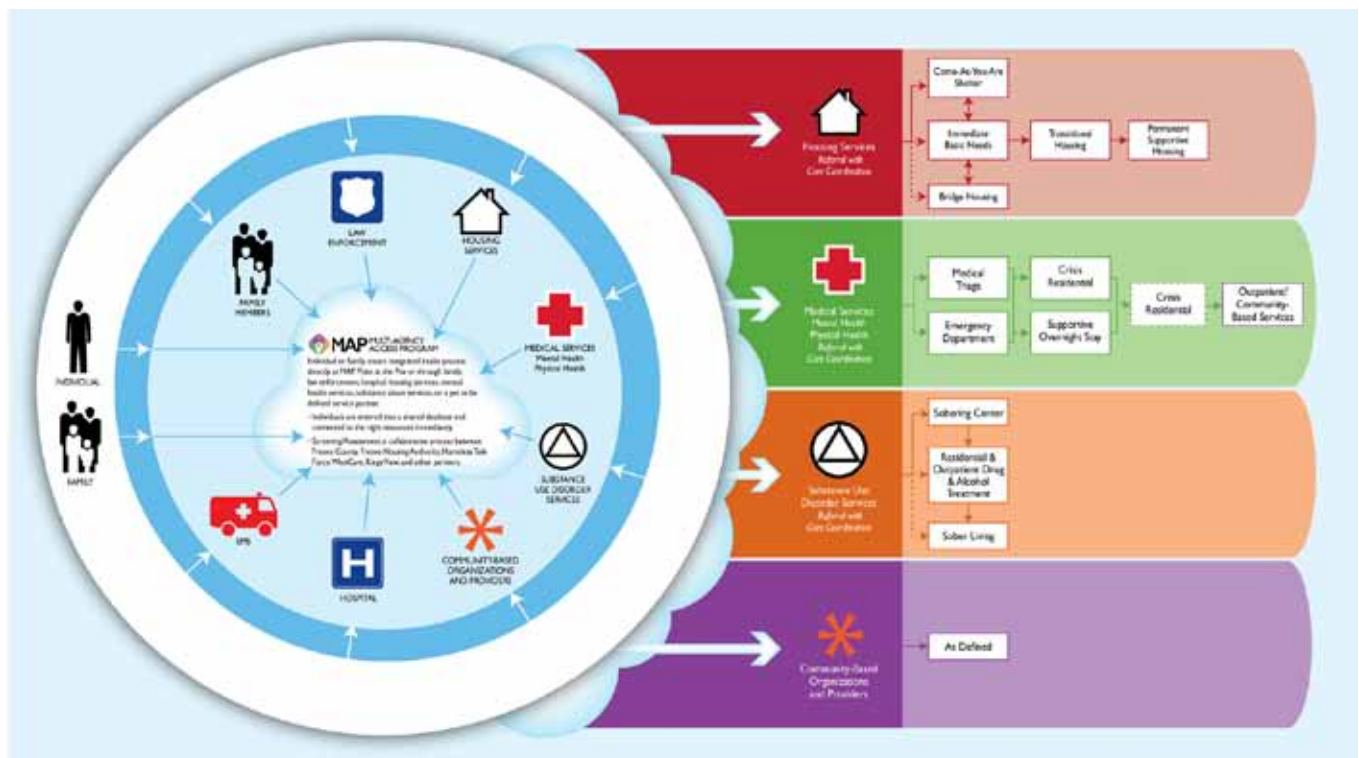
## This is just the beginning

MAP is still in its early stages. Collaborative coordination has increased, however, homelessness, substance abuse issues, and mental illness are not solved overnight. There have been great strides made in establishing the coordination of many organizations, but it's not perfect. There will not always be beds available. The process needs more formalization and integration as it rolls out and becomes embedded throughout the community.

To become a MAP Point, please contact us.  
(559) 512-6777  
connect@fresnomap.org  
www.fresnomap.org



*An integrated intake process connecting individuals facing housing, substance abuse, and/or mental illness challenges to supportive services.*





# MSPI NEWS

The Teen girls attended a lecture from author, Kate Schatz and illustrator, Miriam Klein Stahl, at Fresno State. They spoke about their book *Rad American Women: A - Z*, featuring radical women throughout history who have made positive changes in their

others. Proud to say that we have a great group of young Native ladies being active at FAIHP!

A few youth attended the AIDS Walk at Woodward Park during October. Youth decided to attend this event to support those affected by AIDS and to do something beyond themselves.



community. The teen girls spoke to the author, who inspired the young ladies to continue to strive for their

goals, whether it was regarding sports or arts.

FAIHP CEO, Jennifer Ruiz, was identified as a *Rad Fresno State Women!*



## TEEN SUPERSTARS

We couldn't choose just one Teen Superstar this month and would like to honor these youth for identifying their recent accomplishments:

- Ari M., who is a member of her high school's water polo team, won their first game
- Lorena M. was voted as her school's President
- Alyssa M. brought up her grades
- Elisio F. and Tony F. gained work experience at the fair
- Alex F. completed the SOSL Walk/Run before Rachel (MSPI Coordinator)
- Auggie O. was voted as FAIHP Youth Council President

The teen girls then discussed how they could be rad and make a difference in the world. Being confident, creating art, and making others laugh are some of the things these ladies committed to doing to help themselves and



# 9 Ideas for Coping with the Holidays When You Have a Mental Illness

By Margarita Tartakovsky, M.S.  
Associate Editor  
PsychCentral

Stress can throw anyone off-kilter. But when you have a mental illness, you might be extra vulnerable. “The demands, pressures and expectations of the holidays can be felt more intensely by people with mental illness,” according to Darlene Mininni, PhD, MPH, author of *The Emotional Toolkit*, who works privately with individuals and speaks nationally on topics related to emotional health and well-being.

“Having a mental illness is the same as having any chronic illness,” said Elvira G. Aletta, Ph.D, a clinical psychologist and founder of Explore What’s Next, a comprehensive psychotherapy practice. So it helps to have a plan and take good care of yourself.

Here are nine tips for coping with the holidays.

## 1. Make yourself a priority.

During the holidays, as we’re hosting, shopping, cooking, cleaning, attending get-togethers and checking off other tasks on our to-do lists, self-care often takes a backseat. But “your health comes first,” said Dr. Aletta, who’s also a Psych Central contributor.

This also means maintaining your routine as much as possible. “Make sure you get the sleep you need and keep up any activities that make you feel good such as exercise or time with friends,” Dr. Mininni said.

## 2. Avoid feeling guilty.

During the holiday season, many of us want to be many things to our loved ones. And we don’t want to hurt anyone’s feelings. So we put pressure on ourselves along with a hefty side of stress-inducing guilt.

Remind yourself that pleasing everyone is unrealistic. “Set aside the guilt, push the pause button on it or throw it out completely if you can. Put it on a shelf, in a box, labeled ‘I will talk about this later with my therapist,’” Dr. Aletta said.

## 3. Keep connected.

If you aren’t feeling well, you might be tempted to isolate yourself. But this will just make you feel worse, Dr. Mininni said. “If you’re not in the holiday mood, consider spending time with a friend or calling a person who cares about you. Connecting with just one person can make you 10 times less likely to get depressed,” she said.

## 4. Tune into your feelings—and be honest.

You may love your family very much. But if you’re honest with yourself, you might realize that being with them also can be stressful. Coming to this realization, while uncomfortable, will help you figure out better ways to cope, Dr. Aletta said.

## 5. Identify what you really want to do.

For instance, you might want to spend the entire day with your family or just go for dessert, Dr. Aletta said. “Once being with [your family] is a choice instead of a gun-to-your-head obligation maybe you can relax a bit.”

## 6. Plan a timeout when stress strikes.

Dr. Aletta encouraged readers to give themselves permission to leave a stressful situation. Your “strategic retreat” may be anything from walking the dog to getting tea at a café to listening to soothing music to having a good cry, she said. Then decide whether the healthier choice is to return to the get-together or go home.

## 7. Buddy up.

“Have a confidant close by or on speed dial: a friend, cousin, sister or niece who ‘gets it,’” Dr. Aletta said. In fact, “She may need your help to get through as much as you need hers,” she added.

## 8. Avoid alcohol.

Alcohol can interfere with medication and exacerbate symptoms. It also might spark an altercation or two. “You do not want to be disinhibited when there is even one person in the room who can hit your buttons with an emotional Taser,” Dr. Aletta said. On a similar note, she suggested that readers avoid confronting people in general.

## 9. Laugh—a lot.

“See the humor wherever and whenever you can,” Dr. Aletta said. That’s because humor heals.



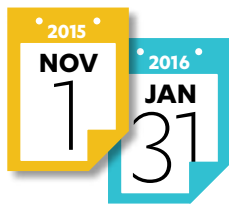
# GET COVERED Open Enrollment 2016

**NOV. 1, 2015 – JAN. 31, 2016**

Open Enrollment is when Californians who need insurance cannot be denied by a health plan and millions can get subsidized health insurance for the upcoming year.

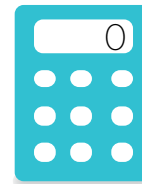
(Individuals who have limited income may enroll in Medi-Cal year-round.)

## Key Dates



Open Enrollment **starts Nov. 1 and continues through Jan. 31** and offers all individuals — sick or healthy — the opportunity to get the health coverage and care they need. In California, coverage is offered through Covered California at **CoveredCA.com**, the state marketplace. If you do not want a subsidy, buy directly from a health plan.

## Shop Smart



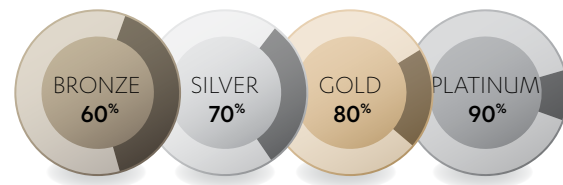
The new Covered California website offers **interactive shopping tools** that allow individuals to pick a plan that is right for them. Consumers can shop and compare their options based on their age, where they live, their household income and number of people in their household. These factors determine their premium and amount of any subsidy they may receive.

## Find Help

**FAIHP has Certified Enrollment Counselors who can assist you, please call to make an appointment.  
(559) 320-0490**

Health insurance can be complicated. Consumers can seek **free, confidential assistance** from more than 28,000 individuals in California who stand ready to help them enroll or by visiting **CoveredCA.com**. Click on **“Find Local Help”** to search for a Certified Insurance Agent, Certified Enrollment Counselor or county eligibility worker.


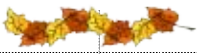
## Consumer Choice



Covered California offers **a range of choices** of private health insurance plans. Consumers can choose the health plan and level of coverage that best meets their needs and budget. At Covered California and in the individual market, consumers can compare based on standard benefit designs and know that all essential health benefits are covered.



## NOVEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving	2 JUST WALK 10am-11am at Manchester Mall	3 Beading Class 5:30-8:30pm	4 Exercise Class 11am-12pm Wellbriety 5:30 - 7:30pm	5 Beading Class 5:30-8:30pm	6	7
8	9 JUST WALK 10am-11am at Manchester Mall	10 Beading Class 5:30-8:30pm	11 Veterans Day Office Closed 	12 Fresno WISE 12-2pm Beading Class 5:30-8:30pm	13	14
15	16 Community Advisory Meeting 10-12pm JUST WALK 10am-11am at Manchester Mall	17 Beading Class 5:30-8:30pm	18 Annual Diabetes Conference 10am - 2:30pm Exercise Class 11am-12pm Wellbriety 5:30 - 7:30pm	19 Diabetes Class 12pm-2pm Beading Class 5:30-8:30pm	20	21
22	23 JUST WALK 10am-11am at Manchester Mall	24 Beading Class 5:30-8:30pm	25 Exercise Class 11am-12pm Wellbriety 5:30 - 7:30pm	26 Thanksgiving Office Closed 	27	28
29	30 JUST WALK 10am-11am at Manchester Mall	1	2	3	4	5
6	7	October 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		December 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

## DECEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	3	4	5
6	7 JUST WALK 10am-11am at Manchester Mall	8	9 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	10 Fresno WISE 12-2pm	11	12
13	14 JUST WALK 10am-11am at Manchester Mall	15	16 Exercise Class 11am-12pm Wellbriety 5:30 - 7:30pm	17 Diabetes Class 12pm-2pm	18	19
20	21 Community Advisory Meeting 10-12pm JUST WALK 10am-11am at Manchester Mall	22 Dec. Solstice	23 Exercise Class 11am-12pm Wellbriety 5:30 - 7:30pm	24 Christmas Eve Office Closed	25 Christmas Day 	26
27	28 JUST WALK 10am-11am at Manchester Mall	29	30 Exercise Class 11am-12pm Wellbriety 5:30 - 7:30pm	31 New Year's Eve Office Closed 	1	2
3	4	November 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		January 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

All events are subject to change. Please call for more info (559)320-0490



# FAIHP

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**Follow Us on:**



## Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

DONATION AMOUNT: \_\_\_\_\_

**Please make all checks payable to:**

Fresno American Indian Health Project

1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

### **Our services include:**

- Health Screenings
- Behavioral Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

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